

Healthy Cooking Practices at Chenderit School

Here at abm catering our Company Nutritionist has been working very closely with your dedicated food team to make sure the meals served at Chenderit School are even healthier and more nutritious than before. Listed below are just some of the best practice steps that we have put into place:

- We only sell semi-skimmed milk in the refectory and we also use either skimmed or semi-skimmed milk in our cooking processes. Both of these contain as much calcium as the full fat equivalent
- We have increased the amount of herbs and spices used in the cooking process, enabling us to remove salt from all of our recipes
- All of our yoghurts are freshly made on site with no added sugars
- All of our soups are freshly prepared and made on site
- We only use low fat spread in our freshly prepared sandwiches
- A selection of brown, granary and white bread is always available. Brown and granary bread contains more fibre than white varieties, and fibre is essential for a healthy digestive system
- We only using light mayonnaise instead of full fat mayonnaise. Light mayonnaise contains around half the fat and calories of full fat mayonnaise. Excessive consumption of fat can lead to weight gain and it is important to limit the amount of fatty foods we consume on a daily basis.
- Side salads are always available to compliment any dish being purchased
- We endeavour to provide the leanest cuts of meat and poultry
- Recipes are continually checked and updated and processed through the Saffron software analysis tool to ensure we are following government health recommendations and guidelines
- All vegetables are steam cooked to preserve the vitamin and mineral content. Up to 40% of the nutrients can be lost using other non conventional methods of preparation